SAMHSA's 8 dimensions of wellness

YOUR WELLNESS WHEEL

Score your current level of happiness in each of the sections on this wheel. The scale is 1-5. 1 is your lowest level of happiness and 5 is your highest level of happiness. You can either fill the corresponding section in or you can write some reasons for your score in that section – either way works. Then you can draw lines connecting each section like the example provided by the dotted lines. This is your wheel and it can show you quickly what is working and what still needs improvement. Good luck on your wellness journey.

Key

- 1. I am very unhappy with this part of my life.
- 2. I am unhappy with this part of my life, but I haven't hit rock-bottom.
- 3. This part of my life is pretty good but could still use some improvement.
- 4. I am content with this part of my life, but I can see a few tweaks that would make it even better.
- 5. I am completely happy and fulfilled in this part of my life – there is no room for improvement.

Social Wellness

Developing a sense of connection, belonging, and a well-developed support system

social Wellness

Emotional Wellness

Emotional Wellness

Coping effectively with life and creating satisfying relationships

(5)

Occupational Wellness

one's work

Occupational Mellness Personal satisfaction and enrichment derived from

Financial Wellness

Satisfaction with current and future financial situations

Spiritual Wellness

Expanding our sense Spiritual Nellness of purpose and meaning in life

Intellectual Wellness

Intellectual Nellhoss Recognizing creative abilities and finding ways to expand knowledge and skills

Environmental Wellness

Environmental Wellness

5

Financial Wellness

Good health by occupying pleasant, stimulating environments that support well-being

Physical Wellness

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Recognizing the need for physical activity, diet, sleep, and nutrition